

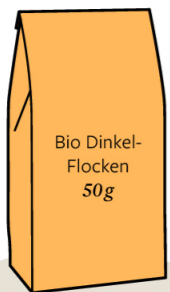
Das 3-Mahlzeiten-Prinzip – ein Beispiel

Frühstück

525 kcal



Schafsmilch-Joghurt
125g

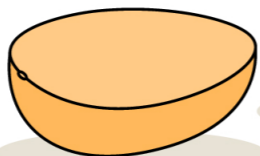


Bio Dinkel-Flocken
50g

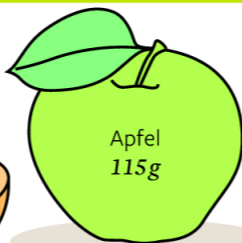
Rosinen und Nüsse
je 20g



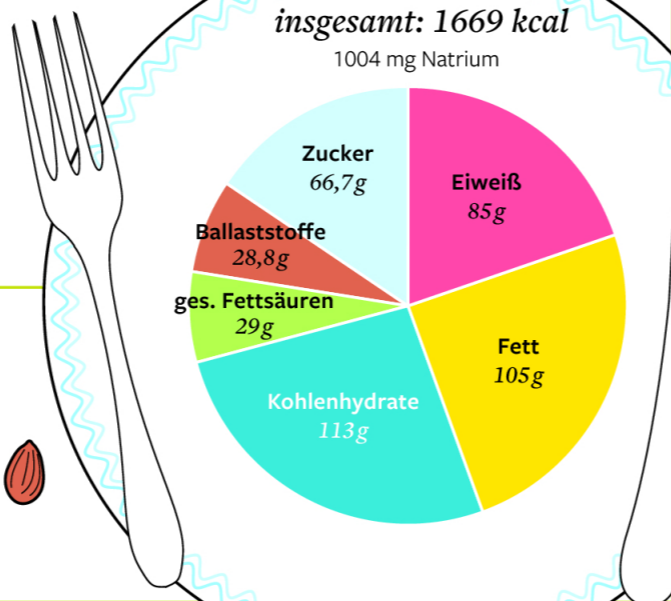
Zitronensaft
je 10g



Mango
125g



Apfel
115g



67g Kohlenhydrate | 19g Eiweiß | 18g Fett

Vormittagsnack

(wenn möglich vermeiden)

288 kcal

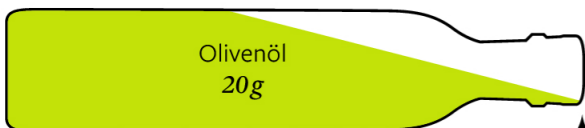


Mandeln
20g

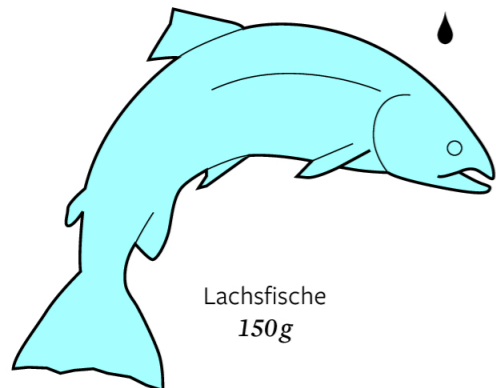
4g Kohlenhydrate | 15g Eiweiß | 24g Fett

Mittagessen

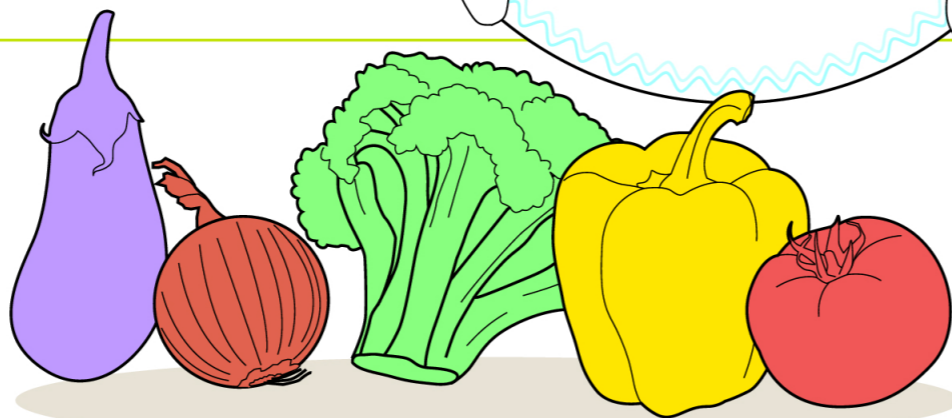
506 kcal



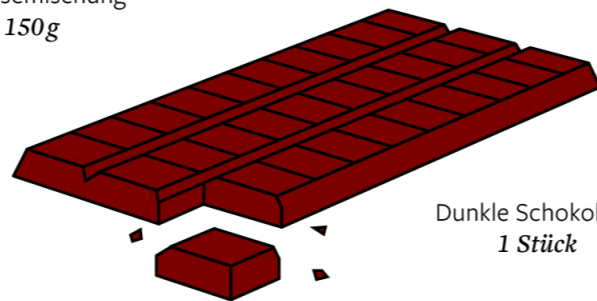
Olivenöl
20g



Lachsfische
150g



Gemüsemischung
150g



Dunkle Schokolade
1 Stück

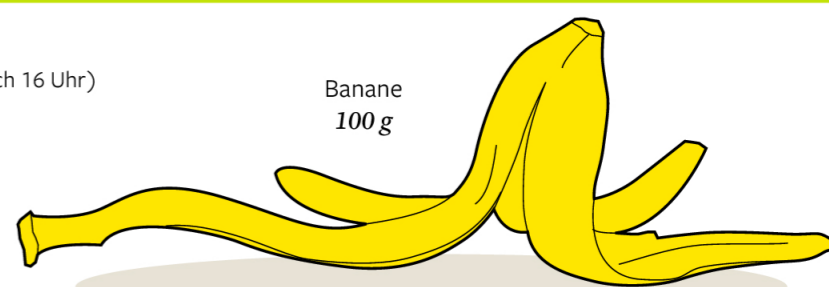
13g Kohlenhydrate | 36g Eiweiß | 34g Fett

Nachmittagsnack

(wenn möglich vermeiden – nicht mehr nach 16 Uhr)

90 kcal

20g Kohlenhydrate | 1,2g Eiweiß | 0,2g Fett



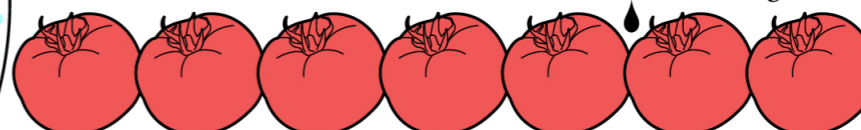
Banane
100g

Abendessen

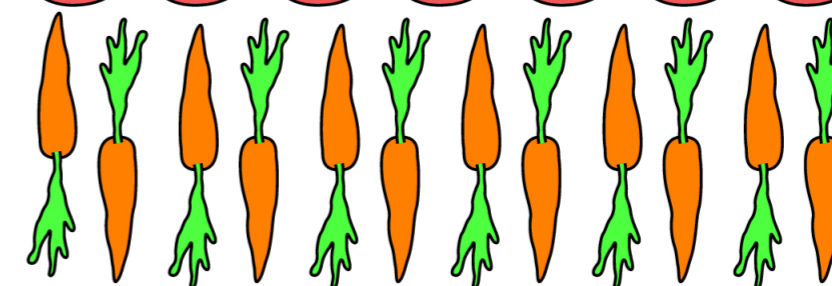
506 kcal



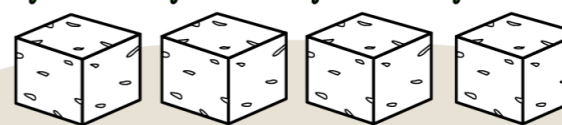
Leinöl
20g



Gemüsemischung
150g



Schafskäse
50g



9g Kohlenhydrate | 16g Eiweiß | 28g Fett

Über den Tag

ungesüßter Tee und Wasser 2 Liter

